

NATICK SENTINEL



Council on Aging

117 E. Central Street

Natick, MA 01760

508-647-6540

Business Hours:

Mon-Wed:

8:30 a.m.-5:00 p.m.

Thu: 8:30 a.m.-7:00 p.m.

Fri: 8:30 a.m.-2:30 p.m.

March 2017

Letter from the Director

Dear Friends,

The Council on Aging is excited to introduce a new initiative this month: the *YEARN TO LEARN* card. Its launch is in response to your requests for more art, culture and science programs: Purchase an electronic "card" at our front desk for either \$15.00 for 5 classes or \$30.00 for 10 classes. It will work like our popular exercise card, but only for specified science, music, art, and technology classes – or related topics. Class discounts possible only with the purchase of the card. Classes will change periodically, so check the Sentinel monthly to see what's next.

Spring is a wonderful time of year to enjoy longer days, to be outdoors and to explore new interests. This spring consider trying an early evening class at the CSC, joining one of our walking groups or attending an upcoming video conference lecture.

See you at the center!

Susan Ramsey

Natick COA Goes Electric!



Welcoming Statement:

Our center strives to create an environment which values diversity, mutual respect, and supports inclusive ways to work to support services, programs, and advocacy for people of all ages and abilities.

Natick's COA has recently added an electric car to help volunteer drivers transport Natick seniors to their medical appointments. Thanks to the Friends of Natick Senior Center for providing the matching funds that made this possible.

**Dana-Farber's Mammography Van
is coming back to the Natick Community-Senior Center
on Wednesday, May 3, 2017!**

Embrace A Family, the Natick Service Council, and the Natick Council on Aging are collaborating with Dana-Farber's Mammography Van to bring its digital mammography van to Natick.

This screening is fast, convenient, and your best defense against breast cancer! The digital screenings are performed by skilled, licensed Dana-Farber mammography technologists and interpreted by board-certified radiologists.

The American College of Radiology recommends that women 40 years of age and older have a mammogram every year. If you have not had a mammogram in the last year, or if this is your first time, this is a great opportunity to take advantage of this important screening!

Registration is required in advance, and most forms of insurance are accepted. For more information, or to request an appointment, please call the Mammography Van office at 617-632-1974 or email us at embraceafamilynatick@gmail.com.

natickconnector



The Natick Connector is a convenient, secure, and accessible transportation service for elders and disabled residents. **We are now operating Monday - Friday from 9:00 a.m. - 4:00 p.m. In addition to our 12- passenger van, we will be using a smaller SUV type vehicle.** The service provides door-to-door transportation to medical appointments, grocery stores, and other personal services in Natick and the surrounding towns of Framingham, Wellesley, Wayland, Ashland, and Sherborn. The cost for one-way is \$2, round trip is \$4. Cash is not accepted on-board; call the MWRTA to set up an account from which the fare is deducted. To register for the service and to set up your account, call the Call Center at 508-820-4650 and tell them you want to set up an account with the Natick Connector.

Note: Please call two business days before you need a ride. Contact Jack or Richard with questions at phone no: 508-647-6540 x1901 or e-mail: connector@natickma.org.



Weather Related Cancellations

Classes/activities may be cancelled due to extreme weather or unsafe conditions. If the Natick schools are closed, daytime classes will not be held, depending on the road conditions. If in doubt contact the Community-Senior Center at 508.647.6540.

2017

Handicapped Parking Placard

There are three new changes as of January 1, 2017, for Handicapped Parking Placards:

- 1) The look has changed for any new placard
- 2) New forms are needed in order to submit for a new handicapped parking placard.
- 3) Fines have increased.

Contact information: Medical Affairs, phone number: 857-368-8020 or www.massrmv.com



2017

Senior Parking Permits

Senior citizen 2017 parking permits are now available to Natick residents age 65 and older for a \$2.00 fee.

Parking permits are available for purchase at the CSC and cover the calendar year (Jan-Dec). Your license and car registration are required at the time of purchase.

The Sentinel Newsletter is supported in part by the Town of Natick, MA Executive Office of Elder Affairs, and Friends of the Natick Senior Center, Inc.

The **Natick Sentinel** is published 10 x per year. Information is published as a guide and service. The goal is to help provide safe, quality services. Ideas and opinions expressed are those of individuals and not the Town of Natick.

For activities requesting donations or fees, provisions have been made to finance those participants who may have financial difficulties. Reasonable accommodations, audio-visual aids, and other services are available upon request.

Call the Community-Senior Center for more information or to talk to the staff, below, at 508-647-6540.

COUNCIL ON AGING STAFF

Susan Ramsey.....	COA Director
Lorraine C. McNally.....	Asst. Director/ Program Developer
Karen Edwards.....	Volunteer Coordinator
Sharon Kirby.....	Program Assistant
Allison Goldman.....	Administrative Assistant
Ken Colon.....	Department Assistant
Patti Collari.....	Department Assistant
Mindy Goldstein.....	Technology Program Assistant
Sheila Young.....	CIRS-A/D Information & Referral Specialist / Executive Assistant

New & Noteworthy

Registration

Beginning in January, registration will be required for all seasonal Council on Aging special events. This change will assure that seating is available for everyone planning to attend the program.

Parking

Just a reminder that people with handicapped placards are free to park anywhere in the CSC parking lot. They need not limit themselves to a handicapped spot if they find a non-handicapped spot closer to the building. Also be aware that all the spots that run parallel to the building in the front are now marked for handicapped parking only. Please be advised that there is NO PARKING in the striped spaces. These spaces allow for those in a wheelchair additional room to get in and out of their vehicles. **Parking in these spots is subject to a \$250 fine.**

NEW - Community Connections - 'Senior Center Without Walls'

A new program is offered via telephone for seniors unable to travel to the Community-Senior Center. The goal is to connect them with a social network, as well as senior center activities, from the comfort of their own homes, and to create new friendships! Calls will last 30, 45, or 60 minutes. Topics range from current events, trivia, stories, coffee break, arm chair travel (ex. learn about other countries and their people), as well as topics identified by the callers. The calls will be led by volunteers who will share their skills, expertise, and interests with the seniors. Pre-printed step-by-step and easy to read dial-in instructions will be provided. It is as easy as dialing a telephone number and six digit code! To participate or request additional information, please call Mindy Goldstein at 508-647-6540 ext. 1919.

Diabetes Self Management Support Group

Come join us! We offer a diabetes self-help support group that provides social, emotional, and educational support for people affected by diabetes, or caring for a loved one with diabetes. The group is facilitated by Joan Hill, RD, CDE, LD.

Mon Mar 14 and Apr 11 10:00 a.m. free

DISCLAIMER: We thank the advertisers featured in this newsletter. Their support makes the printing of the **Natick Sentinel** possible. The Community-Senior Center does not specifically endorse any service or product advertised herein. We do encourage our readers to investigate any service or product they may consider using in order to make an informed decision.

Pre-registration required for all classes and events by calling the CSC at 508-647-6540 or by registering online at <https://register.communitypass.net/Natick>

WE ACCEPT



Visit us on Facebook

<https://www.facebook.com/natickcommunityservices>



FINANCIAL AID

Any community member can request support to offset some or all of the fees associated with an activity. Please contact Sheila Young at 508-647-6540 x1900 for confidential assistance.

YEARN TO LEARN Card Eligible

New: The YEARN TO LEARN CARD!

Starting in March 2017, we will be having a new initiative: the YEARN TO LEARN CARD! Purchase an electronic "card" at our front desk for either **\$15 for 5 classes or \$30 for 10 classes** (or just \$3 a class!) – just like our exercise card, but only for specified Science, Music, Art, or Technology classes – or any related topic! Class discount possible *only* with the purchase of the card. YEARN TO LEARN Card eligible classes will be clearly listed in our class descriptions. Classes will change during the year, so keep checking to see what's next! **Thanks to Sue Shea for her generous donation in helping us to start this new series!**

Be a Good Ancestor -

Leaving Your Family History and Genealogy Notes

with Seema Kenney/ Mass Researchers

This fun interactive genealogy session, with expert Seema Kenney, will help you focus on recording your own history, how to share it with family, and getting started with genealogical research.

Mon Mar 27 2:30 p.m. - 4:00 p.m. \$5/class
or YEARN TO LEARN Card Eligible

Collage

Instructor, Beth Fagan, Fine Artist and Graphic Designer

Make beautiful art collages with instruction and learn the basic aspects of collage in this hands-on workshop. In class, you will develop your own personal theme and be introduced to collages done by Picasso, Braque, Cornell, and others. If there's something special you want to work with, such as copies of your family photographs, bring them to class; otherwise, you can work with the decorative papers and magazine tear sheets that the instructor will have on hand. 6-wks.

Tue Apr 11 - May 16 4:00 p.m. \$5/class
or YEARN TO LEARN Card Eligible

Erin Go Bragh – Songs from and about Ireland

David Polansky is back to sing you songs to steal your heart away with favorites that take you back a hundred years or more. Many are sing-along's that have become part of the great American Songbook. This rollicking fun show is perfect for St. Paddy's Day!

Wed Mar 15 2:30 p.m. \$5/class
or YEARN TO LEARN Card Eligible

Opera Appreciation Series

This drop-in course will be guided by Ron Williams, an award-winning artist familiar to opera and concert audiences throughout New England. He made his Boston Lyric Opera debut in 1992 after touring opera houses throughout Europe. He performed roles with several companies nationally including San Francisco Spring Opera, and Michigan Opera. He sang in the world premiere of "The Last Leaf" with Opera San Jose. *No class on May 5.*

Fri Now through May 12 10:30 a.m.-1:00pm
\$5/class or YEARN TO LEARN Card Eligible

Great Courses: Classical Archaeology of Ancient Greece and Rome

Archaeologist and award-winning Professor John R. Hale guides you through this fascinating field of study and through dozens of ancient sites with the skill of a born storyteller. Mixing the exotic adventures, unexpected insights, and abiding mysteries of archaeology's fabled history with anecdotes of his own extensive field experience, Dr. Hale creates a fascinating narrative that unfolds like a series of detective stories and provides a new perspective from which to view the world of the Greeks and Romans. Hour-long class will feature 2 lectures.

Tue, Fri Mar 28 - Apr 25 11:30 a.m. \$5/class
or YEARN TO LEARN Card Eligible

SPECIAL EVENTS: March

Mindfulness Meditation

Join Sharon Kirby, as we highlight different meditative practices including silent sitting, body scan, walking meditation, eating meditation, and more. Through guided meditations we'll explore being in the present moment. Please bring a yoga mat if you have one; chairs will be available. Please register at 508-647-6540 or online at <https://register.communitypass.net/Natick>. * **New day and time!**

Fri* Mar 3, 17 12:30 p.m.* free

Praying Indians & John Eliot - an early history of Natick - Presented by the Natick Historical Society

Natick was founded over three hundred years ago by a unique group of people. John Eliot and the Native Americans who established Natick as a 'Praying Indian Town' created a community that was markedly different from most of the growing towns nearby.

Register online at <https://register.communitypass.net/natick> or call the CSC at 508-647-6540.

Thu Mar 2 1:30 p.m. free

Circuit Breaker Seminar

Join us for our annual Circuit Breaker Seminar with our State Senators on Monday, March 6. We'll discuss what the circuit breaker is and how you can benefit from it. Bring your questions! Register online at <https://register.communitypass.net/natick> or call the CSC at 508-647-6540.

Mon Mar 6 1:30 p.m. free



Walking with Natick Community-Senior Center At the Natick Mall!

Walk with volunteer walking leaders: *Mal* on Tuesdays at 10:00 a.m., starting March 7. Meet by the front desk at Natick Community-Senior Center to walk outside. Meet *Mala* on Fridays at 10:00 a.m. for a fitness walk—light stretching as we go! We'll meet at Nordstroms Café Bistro (near escalator) to walk the Natick Mall with optional coffee afterwards. *Dates and places in April and May to be announced.* This is a **free** event.

Tue Mar 7, 14, 21, & 28 10:00 a.m. Meet Mali at Natick CSC

Fri Mar 10, 17, 24, & 31 10:00 a.m. Meet Mala at Natick Mall



History of the Statue of Liberty with speaker/historian Paolo DiGregorio

The Statue of Liberty is an international icon, a symbol recognized around the world. This talk will explore how and why the statue was built, what the original symbolism of the statue meant, and what the statue means to millions of people today. Along the way, we will meet some of the colorful characters who were involved in creating this symbol of our nation, and learn some interesting facts about Lady Liberty. Register online at <https://register.communitypass.net/natick> or call the CSC at 508-647-6540.

Wed Mar 8 2:00 pm. free

TED Talks Discussion Group

This is a casual group that enjoys TED (Technology, Entertainment and Design). This is not a debate group, but rather a collection of courteous individuals who aspire to learn more about their world. Call the Center for more complete description of the TED Talk. Please register at 508-647-6540 or online at <https://register.communitypass.net/Natick>.

Topic for March: Why Curiosity is the Key to Science and Medicine - Kevin B. Jones

Thu Mar 9 11:00 a.m. free

Welcome to Natick!

Whether you've just moved to Natick, or have been here for a while, come to our Welcome to Natick program. The program will be led by a resident of Natick, who will share a brief history of the town, highlights of what makes Natick unique, and the various resources available. Meet other neighbors, gather hand-outs on resources, enjoy refreshments, and fun giveaways. You can enter to win gift certificates at Natick area businesses. Register online at <https://register.communitypass.net/natick> or call the CSC at 508-647-6540.

Mon Mar 13 7:00 p.m. free



Senior Learning Network Program

Exciting monthly programs provide you with the experience to talk to presenters live and virtually from across the country and around the world! Please join us!

The Gardens of Hearst Castle

Join a California State Park Educator and a State Park Gardener on a walk through the Gardens of Hearst Castle discovering the many plant species that grow in this historic garden. Explore the challenges of maintaining a "historic garden" and the processes that are involved in ensuring that the gardens are kept as historically accurate as possible. Register online at <https://register.communitypass.net/natick> or call the CSC at 508-647-6540.

Thu Mar 16 1:30 p.m. free

Gary Hylander talk on Paul Revere's Ride

Paul Revere's midnight ride is a legendary event in American history. On the night of April 18, 1775, Revere and dozens of other midnight riders carried the Lexington alarm into the countryside helping to organize local militia for defense against General Gage's Regulars. Light breakfast offered. Limited space; pre-registration required. Sponsored by Eliot Center for Health and Rehabilitation.

Register online at <https://register.communitypass.net/natick> or call the CSC at 508-647-6540. **Pre-registration required.**

Mon Mar 20 9:30 a.m. free

Bookgroup at CSC- Fiction and Non-Fiction History

Join the staff from Bacon Free Library for a fun book discussion on these historical books including both fiction and non-fiction. All are welcome to join whether you have a chance to read the book or not! Copies of the books are on hold at Bacon Free Library and also available as downloads on Minuteman Library Overdrive. Feel free to bring your own cup of coffee or purchase one at the center! Register online at <https://register.communitypass.net/natick> or call the CSC at 508-647-6540.

Tue Mar 21, Apr 18 1:00 p.m. free

March: *How the Irish Saved Civilization* by Thomas Cahill
April: *Conclave* by Robert Harris

Trusts for Your Home

Join elder law attorney, Julie Ladimer, as she discusses Trusts for Your Home: the two biggest reasons people place homes into trust. She will discuss residency trusts and the MassHealth Medicaid rules on the home, and how couples and individuals can protect it in the event that they need nursing home care. Register online at <https://register.communitypass.net/natick> or call the CSC at 508-647-6540.

Wed Mar 29 5:30 p.m. free

Help Others To Speak English

Adults from other countries studying English need to practice speaking. Are you interested in sitting and chatting with one adult once a week for 10 weeks? No teaching experience is necessary. Support people will be present to help you.

Mon Info. Session: Mar 29 11:00 a.m. free

Mon Apr 3, 10, & 24 11:00 a.m. free

SPECIAL EVENTS: April

Red Sox Trivia - Location: Community-Senior Center

Join Red Sox enthusiasts in a fun trivia game led by Walter Levy. Register online at <https://register.communitypass.net/natick> or call the CSC at 508-647-6540.

Thu Apr 3 1:00 p.m. free

Red Sox Opening Day - Location: Community-Senior Center

Watch the game on the big screen, root for the home team, enjoy some popcorn, and refreshments. Enter to win a special Red Sox Prize!

Register online at <https://register.communitypass.net/natick> or call the CSC at 508-647-6540.

Mon Apr 3 2:00 p.m. free

COMPUTERS

Computer Lab

Instructors: Tom Swan, Ray Berggren

Drop-in, first come, first served with your computer questions.

Tue, Wed, Thu ongoing 1.- 3:00 p.m. free

Mon, Fri ongoing 9:00 a.m.- noon free

Please note: during Tax Preparation season, Feb 9- April 15, the computer lab will be closed on Mondays and Thursdays

Brain HQ is now available in our computer lab!

BrainHQ is cognitive training that improves your brain functions. The exercises always give a useful, meaningful workout to your unique brain. Using a special algorithm, each exercise adapts in difficulty as you work so that you always train at the optimum level for you - where you are most likely to make cognitive improvements. Directions to create an account and how to begin Brain HQ are available in the computer lab.

FOSS (Free, Open-Source Software) User Group

Learn about good, free, reliable software for your computer, and share ideas with others who use it! The best of it rivals what you can buy, and also breathes life back into weaker computers. All computer users are welcome. Usually meets the first Thursday of the month, except on the second Thursday in January, July and September.

Thu Mar 2 & Apr 6 3:00 p.m. - 6:00 p.m. free



iPad Classes for Spring

Friends, Family & FaceTime : Learn how to keep in touch with everyone near and far using the FaceTime App and Facebook. Please have an Apple ID created <https://support.apple.com/en-us/HT203993> prior to coming to class. Class size limited to 10.

Fri Mar 10 & 24 1:00 p.m. free

5 Simple Steps to Computer, Phone & Device Security

Technology is a wonderful thing. It helps us connect with family and friends and enjoy easier lives. But, it pays to be smart about how we use it. Every year, more than 300 million new computer viruses & malicious code are created. Join us to discover 5 easy steps to make sure your devices, and your personal information, stay secure. **The second half of this class will be an open forum with a tech expert, so feel free to bring your devices, and questions, with you. No question is too simple or complicated!**

Wed Mar 8 3:00 p.m. free

GAMES & ART

Art with Erika: Painting

In this relaxed informative class, students will be encouraged to pursue their own choices in subject matter and style. We will also concentrate on general painting skills such as composition and color mixing using various media including watercolor, acrylic, and oil pastels. Feedback will be provided individually as well as group critiques. All abilities are welcome. **Class limited to 25.** Register online at <https://register.communitypass.net/natick> or call the CSC at 508-647-6540.

Wed Mar 8 - June 23 9:30 a.m. - 11:30 a.m. free

Art Workshop

Welcome artists of all levels. Work on your project in the medium of your choice (no turpentine). Bring a plastic cover for your area.

Mon 3:00 p.m. - 5:00 p.m. free

Beaded Jewelry Making Program

Come and make your own beaded jewelry creations, including earrings, bracelets, necklaces, etc. All materials are provided. There is a modest charge per item made and taken.

Mon Mar 13 & 27 10:00 a.m. Small fee / per piece

Beaded Flower Class: *Beginners welcome!*

Join us as we learn the art of beaded flower making from a knowledgeable instructor. Participants will learn how easy it is to make beautiful beaded flowers and arrangements.

Tue 1:00 p.m. \$10 fee for materials as needed.

Portrait Painters

Clothed models pose for class attendees. All mediums are used; however, turpentine is not allowed. Models are paid through the class fee of \$6/per class. If you would like to model for the group, please call the CSC. Cash or check due on the day of session.

Thu Mar 2, 9, 23, 30 10:00 a.m. \$6 per class

Writer's Guild

This group of (mostly) amateur writers provides support to other writers, a venue to test your writing efforts by reading your work aloud, and gentle guidance and feedback from group members, if you wish. Members share their work including poetry, fiction, memoirs, essays, and journal entries. This group will help you improve and learn from your peers.

Tue ongoing 1:00 p.m. free

COMMUNITY**Check out local artists on display at Natick COA**

Art Students from Natick High School and NELP/David Kahn Photo Club

Mon - Fri Month of March all day free

Get to Know Your Town Government

Join Sue Salamoff, Natick Board of Selectmen, in our library café to discuss our Town Government. Come with your questions!

Thu Mar 2 & Apr 6 9:30 a.m. free

Representative Linsky's Office Hour

Meet with Rep. Linsky and voice your concerns or questions.

Mon Mar 13 9:30 a.m. free

Bagels With The BOS

Enjoy conversation with members of the Board of Selectmen. Bagels provided by Whitney Place.

Thu Mar 23 9:00 a.m. free

Coffee and Current Events**Instructor: Joe Weisse**

Discuss international, national, state, and local issues of the day with Joe Weisse, the host of Conversations on the Natick Cable Government Channel. He serves on the Natick Safety Committee and on the MBTA Advisory Board. Joe, a 30-year resident of Natick, is a former State Agency Public Information Officer. **New time*!**

Fri Mar 24 10:00 a.m.* free

Drop-in programs: free unless indicated

Days	Program	Times
Mon-Fri	Play Pool	9:00 a.m. - 5:00 p.m.
Mon, Thu	Poker	noon
Mon	Chair Volleyball	noon
Mon, Wed, Thu	Movie	1:00 p.m.; 5:30 p.m.
Mon	Scrabble	1:00 p.m.
Mon	Art Workshop	3:00 p.m.
Mon	Ping Pong	3:00 p.m.
Tue, Thu	Video Exercise	10:00 a.m.
Tue	Maj Jongg	noon
Tue	Bingo	12:30 p.m.
Tue	Beaded Flowers	1:00 p.m.
Tue	Writer's Guild	1:00 p.m.
Wed, Fri	Chair Volleyball	10:30 a.m.
Wed	Duplicate Bridge	12:30 p.m.
Wed	Knitting/Crocheting	1:00 p.m.
Thu	Contract Bridge	9:00 a.m.
Thu	Quilting	1:00 p.m.
Fri	Cribbage	10:00 a.m.
Fri	Contract Bridge	1:00 p.m.
Fri	Drop-in Bridge	1:00 p.m.
Fri	Ping Pong	2:00 p.m. - 7:00 p.m.

Monday	Tuesday	Wednesday
<p align="center">See page 9 for drop-in programs</p>	<p align="center">See page 12 for exercise classes</p>	<p align="center">1</p>
<p>6 1:30 Circuit Breaker Seminar</p>	<p>7 11:00 Bereavement Support Group 10:00 Walking at Natick CSC w/Mal</p>	<p>8 9:30 Art with Erika 1:00 Blood Pressure Clinics 2:00 History of the Statue of Liberty 3:00 5 Simple Steps</p>
<p>13 9:30 Rep. Linsky's Office Hour 10:00 Beaded Jewelry 7:00 Welcome to Natick</p>	<p>14 10:00 Diabetes Support Group 10:00 Walking at Natick CSC w/Mal</p>	<p>15 9:30 Art with Erika 2:30 Songs from & about Ireland</p>
<p>20 9:30 Paul Revere's Ride Talk</p>	<p>21 11:00 Bereavement Support Group 10:00 Walking at Natick CSC w/Mal 1:00 CSC Book Group</p>	<p>22 9:30 Art with Erika 10:30 Davis Museum Trip 1:00 Blood Pressure Clinics</p>
<p>27 10:00 Beaded Jewelry 2:30 Family History & Genealogy Notes</p>	<p>28 10:00 Walking at Natick CSC w/Mal 11:30 Archaeology of Ancient Greece & Rome</p>	<p>29 9:30 Art with Erika 5:30 Trusts for Your Home</p>

Thursday	Friday
2 9:30 Get to know your Town Gov't 10:00 Portrait Painters 1:00 The Nurse Is In 1:30 History of Natick 3:00 FOSS	3 10:30 Opera 12:30 Mindfulness Meditation (<i>new day and time</i>)
9 10:00 Portrait Painters 11:00 TED Talks 1:00 The Nurse Is In	10 10:00 Walking at Natick Mall w/Mala 10:30 Opera 1:00 iPad Class
16 1:00 The Nurse Is In 1:30 The Gardens of Hearst Castle	17 10:00 Walking at Natick Mall w/Mala 10:30 Opera 12:30 Mindfulness Meditation (<i>new day and time</i>) 1:00 Low Vision Support Group 1:30 Friends Birthday Party
23 9:00 Bagels with the BOS 10:00 Portrait Painters 1:00 The Nurse Is In	24 9:00 Bagels w/BOS 10:00 Coffee and Current Events (<i>new time!</i>) 10:00 Walking at Natick Mall w/Mala 10:30 Opera 1:00 iPad Class
30 10:00 Portrait Painters 1:00 The Nurse Is In	31 10:30 Opera 10:00 Walking at Natick Mall w/Mala

March 2017

Exercise Classes

Small Group Personal Training

Instructor: Fitness Together Staff, Location: Community-Senior Center

Small group personal training will focus on strength, flexibility, and balance during the twice-a-week sessions. Individual needs and concerns will be addressed. You will be asked to fill out a health questionnaire for the instructor when you sign up. New sessions start each month.

You must specify and then attend ONLY the class you have signed up for as class size is limited.

Class size is limited to 8. Preference will be given to Natick residents.

For ALL Mar 14 classes: registration will start **Feb 28 for Natick residents**, and **Mar 7 for all non-Natick residents**.

For ALL Apr 11 classes: registration will start **Mar 28 for Natick residents**, and **Apr 4 for non-Natick residents**.

For ALL May 9 classes: registration will start **Apr 25 for Natick residents**, and **May 2 for non-Natick residents**.

Day	Times	Dates	Price
Tue & Thu	10:00 a.m. - 11:00 a.m.	Mar 14 - Apr 6	\$100 per session
Tue & Thu	11:00 a.m. - 12:00 p.m.	Mar 14 - Apr 6	\$100 per session
Tue & Thu	10:00 a.m. - 11:00 a.m.	Apr 11 - May 4	\$100 per session
Tue & Thu	11:00 a.m. - 12:00 p.m.	Apr 11 - May 4	\$100 per session
Tue & Thu	10:00 a.m. - 11:00 a.m.	May 9 - June 1	\$100 per session
Tue & Thu	11:00 a.m. - 12:00 p.m.	May 9 - June 1	\$100 per session

Small Group Personal Training - Evening

Evening	Times	Dates	Price
Tue & Thu	7:00 p.m. - 8:00 p.m.	Mar 14 - Apr 6	\$100 per session
Tue & Thu	7:00 p.m. - 8:00 p.m.	Apr 11 - May 4	\$100 per session
Tue & Thu	7:00 p.m. - 8:00 p.m.	May 9 - June 1	\$100 per session

Register online at <https://register.communitypass.net/natick> with credit card, or call the CSC at 508-647-6540 if you want to pay cash check: payable to 'Town of Natick'. Registration fee due upon registration.

Weekly Exercise Classes At The CSC

The classes below are on the Multi-Class Exercise Card. Classes are \$3.00 per class and require the purchase of a Multi-Class exercise card. With our new computer system, cards will now be electronic and cost of class will redeem upon sign-in the day of class. Electronic cards are available in 2 denominations: 10 classes for \$30, or 5 classes for \$15.

You may purchase the new electronic card at the front desk.

1. Chair Yoga: Mondays at 10:00 a.m.
2. Zumba: Mondays at 12:30 p.m.
3. Muscle Building: Advanced Band Exercises
Tuesdays and Thursdays at 10:00 a.m.
4. Muscle Building: Low to Moderate Band Exercises
Tuesdays and Thursdays at 11:00 a.m.
5. Chair Aerobics: Tuesdays at 11:15 a.m.
Wednesdays and Fridays at 11:00 a.m.
6. Evening Muscle Building:
Tuesdays and Thursdays at 5:30 p.m.
7. Yoga w/Lisa: Tuesdays 3:00 p.m.
8. Line Dancing: Wednesdays at noon
9. Strength Training: Fridays at 10:00 a.m.
10. Tai Chi: Fridays at 11:15 a.m.
11. Yoga: Fridays at 2:15 p.m.

TRIPS

Please register online at <https://register.communitypass.net/natick> or call 508-647-6540. Trip insurance is available for \$10. from Fox-Tours at the time of registration.



Day Trip to NYC to visit Statue of Liberty, Ellis Island, and the 9/11 Memorial. Due to popular demand: We've added another trip to NYC!

Includes ferry ticket and the luxury bus. Lunch is on your own (16 and under is \$79). Departs from Natick CSC at 6:30 a.m. with a coffee/breakfast stop on the way. Upon arriving at Battery Park in New York, we'll take the ferry to both the Statue of Liberty and Ellis Island. You'll have time to view all the exhibits which focus on the great immigration to America and the effects both had on their families and their newly adopted homeland. There are cafeterias on both Ellis and Liberty Island for luncheon (on your own). Returning to Battery Park, our group will visit the 9/11 Memorial. This very powerful Memorial memorializes all those who died in the 9/11 terrorist attacks by listing their names around fountains placed where the original Towers stood. Your expected arrival home is 10:30 p.m. after a most memorable day in the Big Apple!

Sat April 29 6:30 a.m. \$ 89
includes ferry ticket and the luxury bus. (16 and under is \$79)



Boston's Tall Ships 2017 Day Trip

An exciting narrated harbor sightseeing cruise to see and celebrate the 2017 Tall Ships Regatta including, Boston's own U.S.S. Constitution (Old Ironsides) aboard the Provincetown II. We'll return home approximately 5 p.m. Lunch (not included) - You will purchase your own lunch at Quincy Market .

Mon June 19 8:30 a.m. \$79



Day Trip to the North Shore - Salem/Peabody Essex Museum, Gloucester, Rockport

Depart at 8:30 a.m. for a full day of exploring the North Shore with our first stop in Salem and the Peabody Essex Museum - followed by lunch - lastly, a stop to browse through scenic Rockport, Massachusetts.

Return time home will be approximately 5:30 p.m. Luncheon (incl.) at the Gloucester House Restaurant on the water with Baked Scrod or Baked Chicken and Strawberry Shortcake for dessert.

Fri May 12 8:30 a.m. \$79

Local Trips on the Connector Bus:

Davis Museum, Wellesley College

Come and explore the recently renovated Davis Museum, with over 11,000 works of art from antiquity to the present day including artists Vasari, Copley, George Inness, Paul Cézanne, Oskar Kokoschka, Willem de Kooning, Jackson Pollock, Andy Warhol, and more.

Wed Mar 22 10:30 a.m. free



Monday Movies: at 1:00 p.m. & 5:30 p.m.
New movies

Dates	Film
March 6	<i>All the Way</i> , Drama
March 13	<i>Infinitely Polar Bear</i> , Comedy, R
March 20	<i>Wild Oats</i> , Comedy, PG-13
March 27	<i>The Infiltrator</i> , Drama, R

Wednesday Movies: at 1:00 p.m. & 5:30 p.m.
Foreign, Independent, Documentaries

Dates	Film
March 1	<i>Wild Strawberries</i>
March 8	<i>Aferim!</i>
March 15	<i>Peggy Guggenheim: Art Addict</i>
March 22	<i>Dersu Uzala</i>
March 29	<i>Babette's Feast</i>

Thursday Movies: at 1:00 p.m. & 5:30 p.m.
Great older award winning or nominated films

Dates	Film
March 2	<i>The Remains of the Day</i> , Drama, PG
March 9	<i>Glory</i> , Drama, R
March 16	<i>The Cider House Rules</i> , Drama, PG-13
March 23	<i>Rain Man</i> , Drama, R
March 30	<i>A Raisin in the Sun</i> , Drama, PG-13

Details and movie description available at CSC

Natick Council on Aging Volunteer Transportation Services Welcomes Our Newest Vehicle

We are pleased to announce the addition of a new Ford Focus 4 door, 100% electric powered car to our transportation services. This new vehicle will be used by our volunteer drivers to drive people to local as well as Boston destinations and to deliver Meals on Wheels to homebound elders.

The addition of our new car was made possible through the efforts of the Town's Sustainability Coordinator who wrote successful grant requests through the Mass Electric Vehicle Incentive Program and the Department of Energy Resources' Green Communities program. In addition the Friends of the Natick Senior Center provided the required matching funds. We are deeply appreciative for such wonderful support.



Volunteer Opportunities

Volunteering for the Council on Aging is easy! If you are interested in becoming a COA volunteer go to www.myvolunteerpage.com and search for "Natick". You will be brought to our new volunteer page where you can get information about volunteer opportunities and apply online to become a volunteer.

Natick Connector Drivers Needed

The Natick Connector is our 12 passenger van that gets Natick residents where they need to go. It has become a lifeline for a lot of folks in town.

We are looking for a few good people to join our group of Volunteer Natick Connector drivers. We are looking for people to commit to one four hour shift per week. If you sign up as a volunteer, you will receive a **\$50 bonus** gift card when you complete a month of volunteering with the Connector. If you refer a friend, and he/she completes a month of volunteering with the Connector, you will each get a **\$50 gift card!**

No special license is required and training is provided. Volunteer van drivers also receive a complimentary membership to our fitness room.

If you or a friend would like to talk to us about volunteering with the Connector, please contact Jack or Richard at [508-647-6540 x1901](tel:508-647-6540) or connector@natickma.org.

How Can SHINE Help You?

Are you turning 65 in the next three months?

Are you over 65 and planning to retire soon?

Do you understand all your Medicare plan options?

Are you having trouble paying for medical expenses and prescription drugs?

If any of these apply to you, contact the SHINE (**S**erving **H**ealth **I**nsurance **N**eeds of **E**veryone on Medicare) program for assistance. SHINE is not just here during Medicare Open Enrollment. Trained volunteers are available **all year** to help you! They offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. To schedule a SHINE appointment, call your local Senior Center. For other SHINE related matters, call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back, as soon as possible.

Information and Referral

Sheila Young, the Information and Referral Specialist, can offer information and resources for residents of Natick about home care services, assisted living, nursing homes, support groups, adult day health, home delivered meals, and more. Please call 508-647-6540 to speak with Sheila.

Podiatry Clinic with Dr. John

Second Wed of each month from 9:00 a.m. - noon. Appointment required, call CSC. A fee will apply.

Blood Pressure Clinics

Mar 8, 22 & Apr 12, 26 at 1:30 p.m.

Ask an Attorney

Private appointments will be scheduled every 15 minutes. Bring your legal questions to an experienced elder law attorney. Call to make an appointment.

Veterans Services

For information and aid for Natick veterans and their families, please call Paul Carew or Sheila Young at 508-647-6545.

Bereavement Support Group

**Tue, Mar 7, 21 & Apr 4, 18
at 11:00 a.m.**

This drop-in group is for those who have lost a loved one. Bereavement group participation can help to facilitate the healing process. Meets the first and third Tuesday of the month. Parameter Home Care & Hospice facilitates this group.

Low Vision Support Group

Mar 17 & Apr 21 at 1:00 p.m.

Please note: Meetings have been

changed to the 3rd Friday of the month

This group, sponsored by the Massachusetts Association for the Blind and Visually Impaired, is for individuals who are losing their vision and would like to learn from and listen to others' experiences. For more information about the group, please call Laurie Werle, 800-852-3029.

Diabetes Self Management Support Group

Come join us! We offer a diabetes self-help support group that provides social, emotional, and educational support for people affected by diabetes, or caring for a loved one with diabetes. Diabetes is a chronic illness which can leave you feeling isolated or uncertain about what you are experiencing. The advantage of a group is that you will feel less alone. Group members find that their feelings, fears, fantasies, and hopes are shared by others. The group is facilitated by Joan Hill, RD, CDE, LD. The group meets the **2nd Tue of the month from 10:00 - 11:00 a.m.**

Supportive Services

A social worker is available by appointment to provide residents of all ages with information, guidance, and help completing applications for various local, state, and federal assistance programs, as well as housing options. **Please call the CSC to schedule an appointment.**

The Nurse Is In

Thu from 1:00 p.m. - 2:00 p.m.

A nurse from the Natick VNA and Distinguished Care Options provides private consultation and education. The nurse will be available by appointment only to discuss any health conditions or concerns.

Home Delivered Meals

Seniors can get meals delivered to their home through BayPath Elder Services. Call 508-573-7200 for more information. There is a suggested donation of \$3.00.

RMV Near Me

The Council on Aging can now conduct certain Registry of Motor Vehicles transactions on-line with assistance from trained volunteers and staff. By appointment only; for more information or to make an appointment, call 508-647-6540.

Fuel Assistance

2016-2017 Winter Season

Natick Human Services staff will be helping Natick residents complete applications for the Low Income Home Energy Assistance Program (LIHEAP) and the Good Neighbor Energy Fund for the 2016-2017 winter season. Applicants may be Natick residents of any age, home owners or renters, pay for their own heat or, in some circumstances, have it included in their rent. Individuals and families may qualify for fuel assistance if the combined total gross annual income of all household members over the age of 18 is within the income guidelines. Following are the guidelines for family sizes/households of up to 5 people.

Family Size	Low-Income Home Energy Assistance Program (LIHEAP)	Good Neighbor Energy Fund
1	\$ 11,880 - \$ 34,001	\$ 34,001 - \$ 45,335
2	\$ 16,020 - \$ 44,463	\$ 44,463 - \$ 59,284
3	\$ 20,160 - \$ 54,925	\$ 54,925 - \$ 73,233
4	\$ 24,300 - \$ 65,387	\$ 65,387 - \$ 87,183
5	\$ 28,440 - \$ 75,849	\$ 75,849 - \$ 101,132

Please call Debbie Budd, Case Manager, at 508-647-6540 with any questions about fuel assistance, income eligibility guidelines, or to schedule an appointment to complete an application.

Eat right – even when money is tight.

Did you know that over four million older Americans use the Supplemental Nutrition Assistance Program (SNAP) to buy healthy food? If you meet the income qualifications and are approved for SNAP benefits (food stamps), you will receive a special debit card that you can use to buy nutritious foods at most grocery stores. Call Debbie Budd at 508-647-6540 for more information.

SHINE

Trained SHINE (Serving Health Information Needs of Everyone) volunteers can help you! They offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. Volunteers are available at the Community-Senior Center on **Tuesdays, Wednesdays, & Thursdays**. If you have questions regarding your health insurance, please call the CSC and ask for a SHINE appointment.

Natick Open Door

Enjoy a weekly community meal and social event, located downstairs at St. Paul's Church Hall, 39 E. Central Street, Natick, MA (across from Fire/Police stations) every Thursday, except Natick school snow days. Come early for music and singing 5:00 p.m. - 6:30 p.m. Bring some friends - room for all!



Ticks are everywhere

Ticks are not just in wooded areas - they may also be in your yard, at the playground, or at athletic fields. Learn how you can protect your family and your pets. **Dr. Sam R. Telford, III, Doctor of Science, Tufts University A Massachusetts leading expert on Ticks, Lyme Disease, & other Tick-borne Diseases.** Morse Institute Library - Lebowitz Meeting Hall. Sponsored by the Natick Board of Health <http://www.natickma.gov/245/Tick-Information>

Wed

Mar 29

7:00 p.m.

free



Red Cross Blood Drives at the CSC

Day	Dates	Times
Mon	Mar 27, Apr 3	2:00 p.m. - 7:00 p.m.

Please book an appointment for your donation by calling 1-800-REDCROSS (733-2767) or visit redcrossblood.org.

Council on Aging Officers & Board Members

Chair: Harriet Merkowitz

Vice Chair: Richard Goldstein

Secretary: Helen Anzick

Board Members: Roberta Ciarfella, Robert Couture, Donald Greenstein, Bill Grome, Joan Hill, Karen Oakley, Elaine Ostroff, Salvatore Pandolfo

Associate Member: Steve Zafron

The Council on Aging Board meets the 2nd Monday of the month at 7:00 p.m.

Friends of the Natick Senior Center, Inc.

President: Judy D'Antonio

Vice President: Edna Glass

Treasurer: Jerry Pierce

Corresponding Secretary: Margaret Gately

Clerk: Elizabeth Rosa

Gift Shop Manager: Gini Lyster

Board Members: Wilberta Davis, Ann Fremault, Donna Lambert, Daryl Lippman, Gini Lyster, Tom Swan, Charlotte Swartz, John Worcester

Associate Member: Cindy Hurley

Honorary Board Member: Gladys Eagerman

The Friends of the Natick Senior Center, Inc.
Board meetings First Tuesday of the month at 10:00 a.m.

Friends of The Natick Senior Center

Dear Friends:

Well here we are, almost in the month of March and no major storms yet. Someone is definitely looking over our shoulder and most programs have been able to continue without any interruptions.

This month's top prize for volunteerism goes to Gini Lyster and her amazing crew in "Our Little Gift Shop". Folks downsizing because of a variety of reasons bring in new and gently used treasures. As Merrilee Torres, a long time face in the gift shop commented, "as the ladies clean, polish and display all the unique items, they have the opportunity to socialize and make new friends". The ability to sell so many beautiful gifts at such reasonable prices makes everyone a winner, including the donor, the seller, the buyer, and ultimately the Friends of the Natick Senior Center, Inc. They happily return the money in a multitude of ways back to the senior community. Kudos to the "Little Gift Shop".

I'm happy to say cold days have not prohibited customers from coming to lunch at the Lincoln Café. We've seen many new faces. However, many of our staff are Snowbirds, leaving for warmer climate after the holidays. We're putting a call out to anyone able to give us a day or two and make some new relationships at the same time. Please come by and see Ann Fremault or Judy and we will set you up.

The Friends offer their sincere thanks to the Mutual One Charitable Foundation for their most generous gift of \$5,000.00 to be dedicated to the well being of our Senior Community. We will be working with the COA deciding where this money can be best used. We are so fortunate to be the recipient of many of Natick's charitable causes.

We hope you have taken the time to renew your Friends' membership and received your complimentary medical folder and discounted membership letter to B.J.'s. We reached well over 600 members in 2016. Let's surpass that number for 2017. Thank you to Edna Glass and her committee for all of their hard work.

Our thanks once again to all the Friends' members who help at every task - the Newsletter, membership renewal, the Little Gift Shop, the Lincoln Café, and any other project that comes up. Everyone says that our Senior Center is the best! I believe that is true, not only because of our awesome COA staff, but because of each one of you!

Thanks. See you at the Center soon.

Your President,

Judy D'Antonio

Ps. Don't forget our monthly birthday party !

— The 3rd Friday of each month at 1:30pm in the Lincoln Café.

Council On Aging Board Chair's Corner

To design and deliver services which improve the quality of life for those aging in our community through education, support and advocacy . . .

Aging in the best place in good company. It is said that March comes in like a lion and leaves as a lamb. At our Community - Senior Center, the programs will roar throughout the month. It does not matter where your interests lie, the Center has programs to appeal to everyone.

Yearn to Learn! Want to learn (pun) more about this new program series? This will be an opportunity to increase your knowledge in a variety of ways – all interesting and fun.

Speaking about raising an awareness of history, there are several programs happening in March that will better explain some of our past. The Senior Learning Network will introduce us to the Gardens of Hearst Castle. Learn about the Praying Indians and John Elliot – a taste of Natick's past. Did your ancestors pass the Statue of Liberty when they arrived? We will have a knowledgeable speaker on The Statue of Liberty and in a separate program you can work on your genealogy. If that is not enough, one of our favorite lecturers, Gary Hylander, will be speaking on Paul Revere.

Every St. Patrick's Day the whole world is Irish. The Community - Senior Center will celebrate also, since we will have the music of Ireland, with David Polansky, on March 15.

Don't forget some of our ongoing programs. Want to know more about Town Government? We have a program for that. Having a diabetes concern? We have a support group for that. Need a period of mindful meditation? We have a program for that. Want to test your brain? In our computer room there is a program called Brain HQ that is there for the challenge.

If you are new to the community, our Welcome to Natick program will be starting again. Great way to not feel new, just welcomed.

We all know Spring will be coming, maybe. With Spring, many think baseball and the Red Sox. We will be celebrating opening day, April 3, with trivia, and an opportunity to watch the game on a big screen. It is not Fenway Park but it is closer, cheaper, warmer, and with great company.

There is always time to exercise and our programs are continuing. Active or a little more sedentary, our exercise instructors will get you moving. Prefer going to movies? Movies are available several days a week, at various times. Into game playing? We have groups playing ping pong, pool, mah jong, bridge, and bingo. Plus, the Community - Senior Center can help with taxes, renewing your drivers license and more. See you at our Community - Senior Center.

- Harriet Merkowitz (harriem18@comcast.net)



Natick Community-
Senior Center
117 E. Central Street
Natick, MA 01760
508-647-6540

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Friends of the Natick Senior Center, Inc. Membership Information

When you become a member of the Friends of Natick Senior Center, Inc., your payment goes towards programs, events, transportation, large equipment such as the new electric car, and the mailing costs of the Sentinel. We ask for a donation of \$12 per year. If you are under 60 years old, we ask that you pick up a copy of the Sentinel at the CSC or view it online at <http://natickma.gov/626/Council-on-Aging>. Mail this form and your tax deductible donation to: Friends of Natick Senior Center, Inc. ~ 117 East Central St. ~ Natick, MA 01760

Make checks payable to: Friends of Natick Senior Center, Inc.

Please include a stamped, self-addressed envelope if you want a membership card mailed. **Because we use the Natick Census for our 60+ mailing list, having your birth date ensures that you will receive your copy of the *Sentinel*.**

___ \$12 Individual ___ \$100 Best Friend
___ \$25 Family ___ (\$100+) Exceptional Friend \$ ____
___ \$50 Special Friend

Please check one: Is this: ___ New membership OR ___ Renewal

Name: _____

Telephone #: 1 _____

Spouse: _____

Address: _____ Birth date: _____

City: _____ State: _____ Zip code: _____

Birth date: _____ email: _____

Yes!
I would like to
volunteer for the Friends!
(Please check all
that apply)

___ Membership

___ Café

___ Gift Shop

___ Newsletter

___ Special Events

___ Other (Please specify):

